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Health

Vitamin C

Functions in the human body:

Vitamin C plays a huge role in maintaining a healthy lifestyle, and preventing disease. More than ten thousand scientific papers have been written about the beneficial aspects of vitamin C, and it has been established that all body processes and diseases are somehow influenced by vitamin C. Vitamin C influences the body in a variety of ways. The four most noted functions that vitamin C affect is:

1. antioxidant activity
2. collagen synthesis
3. the cardiovascular system
4. the immune system

Vitamin C also helps your body heal wounds.

What is Vitamin C? And were can it be found in foods?

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Vitamin C is a vitamin, when the vitamin is ingested in the body it becomes water soluble. You can find this vitamin in many fruits, vegetables, and Berries.

What could happen if you don’t get enough of Vitamin C?

Lack of vitamin C can cause a sickness called scurvy, where the gums in the mouth bleed easily and wounds do not heal. Lack of Vitamin C was a serious health problem on long ocean trips where supplies of fresh fruit were quickly used up. Many people died from scurvy on such trips. It took many years for the doctors to figure out why people died from such long trips until they finally did a study on what foods do to your body.

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